

Spot Check Inventory

Am I...	or Am I?
Into self-pity	Grateful for Blessings
Resentful	Forgiving
Critical	Accepting
Suspicious	Trusting
Tactless and Disrespectful	Loving and Understanding
Narrow-Minded	Open-Minded
Avoiding People	Comfortable with Others
Envious	Aware of my own Worth
Pessimistic	Optimistic
Procrastinating	Prompt
Prone to Gossip	Respectful of Other's Privacy
Self-Centered	Helpful to Others
Impulsive and Self-Indulgent	Self-Disciplined
Selfish	Generous
Self-Righteous and Intolerant	Tolerant
Domineering	Considerate
Arrogant	Humble
Impractical	Realistic
Self-Deceiving	Honest with Myself
Impatient	Patient
Stubborn	Willing to Compromise
Aimless and Indifferent	Purposeful
Dishonest	Truthful